



Classes will be held at the Pyle Adult Recreation Center, 655 E. Southern Ave.

Aerobics-Low Impact: Reduce impact stress on injury prone areas of the body while maintaining or improving cardiovascular conditioning. Low impact does not mean low intensity. Fee: \$52

EALM-1D 16yrs+ Mon./Wed. 9/18-12/20 6:25-7:15 PM

EALM-2D 16yrs+ Tues./Thurs. 9/19-12/21 5:40-6:30 PM

Step Aerobics: A high energy, low impact cross training program which includes step work, weight training, and abdominal exercises.

Prior step experience helpful. Steps provided. Fee: \$52

EASM-1D 16yrs+ Tues./Thurs. 9/19-12/21 6:00-6:50 PM

Total Body Conditioning: It's not just cardio-conditioning and it's not just muscle toning; it's both. Class focuses on concentrated complete fitness work. Fee: \$52

ETBM-1D 16yrs+ Mon./Wed. 9/18-12/20 5:30-6:20 PM

Body Sculpt: A combination of simple exercises with hand held weights, bands, tubes and stretching techniques designed to tone, mold and shape. Fee: \$52

EBSM-1D 16yrs+ Mon./Wed. 9/18-12/20 6:00-6:50 PM

EBSM-2D 16yrs+ Tues./Thurs. 9/19-12/21 6:35-7:25 PM

Registration:
online @ www.tempe.gov/pkrec

